

Mountaineer

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June 17, 2004

Jones takes over 3rd BCT

by **Spc. Zach Mott**
Mountaineer staff

Striker Brigade formally welcomed two new members to the team Tuesday. Col. Brian D. Jones and Command Sgt. Maj. David H. List became the 3rd Brigade Combat Team, 4th Infantry Division's top officer and enlisted Soldier, respectively, at a ceremony on Pershing Field.

Jones replaces Col. Frederick S. Rudesheim who departs Fort Carson for the cement walls of the Pentagon. List succeeds Command Sgt. Maj. Dennis R. Johnson who welcomes the more relaxing days of retirement following his two plus years as the brigade command sergeant major.

"While it's exceedingly difficult to give up command," Rudesheim said, "it's made easier by the certain knowledge that the Soldiers and families of the Striker Brigade will be well cared for."

In his two years as the brigade commander Rudesheim was responsible for more than 4,000 Soldiers. The 3rd BCT deployed along with the 4th ID in April 2003 for Operation Iraqi Freedom under the command of Rudesheim.

"The accomplishments (of the 3rd BCT during OIF) would not have been possible without

the great leadership of Fred Rudesheim," said Maj. Gen. Raymond C. Odierno, the commanding general of the 4th ID. "Fred proved himself as a tough, tactically astute leader faced with the challenge of crushing the insurgency in his portion of the Sunni Triangle.

"The success of the division during Operation Iraqi Freedom would not have been possible without this great brigade and the leadership of their great commander."

Rudesheim deflected much of this credit away from himself.

"To my Ironhorse teammates past and present, many of them not here ... these Soldiers and I could not have done it without your support," he said. "Warfighting is a team effort and all of you have been absolutely selfless in your support of the Strikers. There's nothing that we wouldn't do for you."

The former commander also credited his battalion commanders, the Soldiers and his family for accomplishing the tough missions he faced during his 24 months at the helm of the 3rd BCT.

"While commanders can definitely

See 3rd BCT, Page 5



Photo by Pfc. Clint Stein

Jason Kordsmeiere makes a rubbing of his father's name on the Global War on Terrorism Memorial which honors fallen Soldiers.

Memorial honors fallen Soldiers

by **Pfc. Clint Stein**
Mountaineer staff

The Global War on Terrorism Memorial Dedication Ceremony was held at Kit Carson Memorial Park at Fort Carson June 10 to honor the Mountain Post's fallen Soldiers in the Global War on Terror.

Family members as well as Fort Carson cadre were on site to view the new memorial that will forever stand with the names of those Fort Carson Soldiers who died serving their country during the War on Terror.

As the 7th Infantry Division and Fort Carson Deputy Commanding general, Brig. Gen. Joseph Orr, spoke to the audience, there was a sense of pride that fell over the crowd as their minds were filled with memories and their eyes with tears.

See Memorial, Page 12



Photo by Spc. Zach Mott

Col. Brian D. Jones hands the 3rd Brigade Combat Team, 4th Infantry Division guidon back to Command Sgt. Maj. David H. List during the change of command ceremony Tuesday. Former 3rd BCT Command Sgt. Maj. Dennis R. Johnson stands at the far right. See page 5 for additional information on the change of command.

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Fort Carson celebrates the Army's 229th birthday.

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Six antique hand-carved carousels are in Colorado.

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Train Concert

The music group Train will be in concert Thursday. The concert is open to the public with tickets costing \$15 in advance and \$20 the day of the concert. Call 526-5366 for more information.

Post Weather hotline:

526-0096

Soldiers celebrate Army birthday from Baghdad to Fort Carson

Army News Service

WASHINGTON — A steady stream of cadence calls filled the air at the break of dawn as the Soldiers of the 1st Cavalry Division hit the road in celebration of the Army's 229th birthday in Iraq.

There were no balloons, party hats or streamers in this celebration. Instead, the First Team's commanding general, Maj. Gen. Pete Chiarelli, led nearly 1,000 of his troopers on a three-and-a-half-mile loop around the man-made lake on his headquarters' base camp, Camp Victory North, Baghdad.

The division annually conducts a division run, with more than 15,000 participating last year at Fort Hood, Texas.

On the other side of the world, a group of more than 3,000 Soldiers gathered June 12 at the Phil Long Expo Center in Colorado Springs, to commemorate the Army's 229th birthday. Air Force Gen. Richard Myers, chairman of the Joint Chiefs of Staff, the event's guest speaker, spoke of his appreciation for Soldiers' tireless resolve toward the accomplishment of the mission and the military's importance.

"We are a nation that is threatened in some ways like we never have been threatened before," said

Myers. The military is an important element in combating the threat.

Across the country, at Long Pond, Pa., Jeff Gordon, representing NASCAR drivers, joined Lt. Gen. Anthony Jones and U.S. Army driver Joe Nemechek in a cake-cutting ceremony before Sunday's Pocono 500.

Celebrations like these dot the world in mid-June to commemorate Flag Day and the birthday of the U.S. Army. This year, special emphasis is being given to deployed Soldiers.

"They made big, big sacrifices," said Myers of deployed Soldiers. Myers also said he was honored to be able to thank the Soldiers personally for their sacrifices at Fort Carson's Army Birthday Ball, its largest to date.

Those in attendance in Colorado Springs let loose hearty cheers when Myers applauded Soldiers in Iraq.

One Soldier in Colorado Springs who was recognized for his effort was Cpl. Brian Wilhelm, who lost part of his leg in Iraq during a rocket-propelled grenade attack on his unit. Wilhelm was able to break an old military tradition of the youngest Soldier at the ball getting to cut the cake by taking

the honor with Myers, Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, and Command Sgt. Maj. Terrance McWilliams, 7th Infantry Division and Fort Carson command sergeant major.

In Baghdad, after the First Team's 30-minute jaunt, nearly a thousand Soldiers lined up waiting to be treated to an Army birthday gift — a slice of cake to make all the sweat worthwhile.

After a 10-minute wait, however, the bad news came: the Army birthday cake was Absent Without Leave.

"Commanders, take charge of your units!" Chiarelli finally shouted down the line of troops. "We can't find the cake!"

The cake later showed up at the division headquarters building, about an hour after the division was dismissed. It was a three-layered white sheet cake, 3-by-5-feet in dimension, with creamy frosting. It lasted about two hours in the foyer of the building.

Editor's note: Article compiled by Justin Ward with contributions from Master Sgt. Dave Larsen, 1st Cavalry Division Public Affairs; David Ferroni of Army Racing; and Sgt. Chris Smith, Fort Carson Public Affairs Office.



THE WHITE HOUSE
WASHINGTON
May 12, 2004

I send greetings to those celebrating the 229th birthday of the United States Army.

Since June 14, 1775, our Army soldiers have fought for our Nation and defended the cause of liberty. Today's soldiers continue the Army's tradition of honor and excellence. They are serving brilliantly in zones of combat, spreading freedom to the oppressed, and keeping America strong and secure. Their selfless dedication and unswerving allegiance are the ultimate expressions of the American spirit. We are grateful for these brave patriots and their courage and willingness to sacrifice for our country.

On this special occasion, we recognize the men and women of the United States Army, both past and present, and their important role in our Nation's work to advance democracy, peace, and freedom around the world. Their efforts help ensure that the blessings of American liberty endure for generations to come.

Laura joins me in sending our best wishes. May God bless you, and may God continue to bless America.



Cartoon by Jim Boroch

Pvt. Hazard

MOUNTAINEER

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News

Army gets new combat uniform



Photo courtesy Army News Service

Sgt. 1st Class Jeff Myhre, the Program Executive Office NCOIC, models the Army Combat Uniform, the recently approved wear for Soldiers. It contains 20 improvements.

**by Sgt. 1st Class Marcia Triggs
Army News Service**

WASHINGTON — The Army will be fielding a new combat uniform designed by noncommissioned officers and tested by Stryker Brigade Soldiers in Iraq since October.

On the Army's 229th birthday, senior leadership introduced the Army Combat Uniform during a Pentagon cake-cutting ceremony. Soldiers were on display, suited-up in the wrinkle-free uniform with a digitized camouflage pattern.

Three different versions of the ACU have been developed, and more than 10,000 uniforms have been produced and dragged through the sand in Iraq and at Army training centers. Even more uniforms are on American production lines to be issued by April 2005 to Soldiers in deploying units. Fielding to the total Army should be complete by December 2007, said officials from the Program Executive Office, known as PEO Soldier.

There were 20 changes made to the uniform, to include removing the color black and adapting the digital print from the Marine Corps uniform to meet the needs of the Army, said Sgt. 1st Class Jeff Myhre, the Clothing and Individual Equipment noncommissioned officer in charge.

Black is no longer useful on the uniform because it

is not a color commonly found in nature. The drawback to black is that its color immediately catches the eye, he added.

"The color scheme in the ACU capitalizes on the environments that we operate in," Myhre said. "The current colors on the ACU are green-woodland, gray-urban environments and sand brown-desert. The pattern is not a 100-percent solution in every environment, but a good solution across the board."

"This isn't about a cosmetic redesign of the uniform," said Col. John Norwood, the project manager for Clothing and Individual Equipment. "It's a functionality change of the uniform that will improve the ability of Soldiers to execute their combat mission."

Every change was made for a reason. The bottom pockets on the jacket were removed and placed on the shoulder sleeves so Soldiers can have access to them while wearing body armor. The pockets were also tilted forward so that they are easily accessible. Buttons were replaced with zippers that open from the top and bottom to provide comfort while wearing armor.

Patches and tabs are affixed to the uniform with Velcro to give the wearer more flexibility and to save the Soldier money, Myhre said. Soldiers can take the name-tapes and patches off their uniforms before laundering,

New uniform

From Page 3

which will add to the lifecycle of the patches. Also the cost to get patches sewn on will be eliminated, he added.

The ACU will consist of a jacket, trousers, moisture wicking T-shirt and brown combat boots. It will replace both versions of the BDU and the desert camouflage uniform. The black beret will be the normal headgear for the ACU, but there is a matching patrol cap to be worn at the commander's discretion.

At \$88 per uniform, about \$30 more than the BDU, Soldiers will eventually reap gains in money and time by not having to take uniforms to the cleaners or shine boots.

The life of the ACU began in January 2003 when PEO Soldier teamed with Myhre, Master Sgt. Alex Samoba and Staff Sgt. Matt Goodine — from the 1st Stryker Brigade, Fort Lewis, Wash.

The team looked at a number of uniforms and took the best part of each uniform and combined it into one. They built their first prototype and delivered 25 uniforms to Stryker squads at the National Training Center. After listening to their comments, the team went back to the lab and created prototype two.

Twenty-one uniforms were then delivered to

Stryker Soldiers at the Joint Training and Readiness Center, Fort Polk, La.

"We watched them as they entered and cleared rooms, as they carried their rucksack and all of the things they had to be able to do in the uniform, and then we came up with prototype three," Myhre said.

Two issues of the third version were given to the Stryker Soldiers deploying to Iraq. Three months ago, Myhre was among a team who visited Iraq to get more feedback from Soldiers.

"We would talk to Soldiers right after they had completed a mission while the benefits of the uniform were still fresh in their minds. We wanted to know how did the uniform help the mission."

Sgt. Maj. of the Army Kenneth O. Preston is one of the ACU's biggest supporters. He said major command sergeants major had a chance to see the uniform and give advice toward the final version.

"We have not made a major change to our uniforms since the BDUs (battle dress uniforms) were introduced in the early 1980s," Preston said. "This new uniform performs well in multiple environments. Its new pockets and color designs are a result of feedback from Soldiers in combat. Every modification made on the uniform was designed with a specific purpose and not just for the sake of change."

Uniform changes include:

1. Mandarin collar that can be worn up or down
2. Rank insignia centered on the front of the blouse
3. Velcro for wearing unit patch, skill tabs and recognition devices
4. Zippered front closure
5. Elbow pouch for internal elbow pad inserts
6. Knee pouch for internal knee pad inserts
7. Draw string leg cuff
8. Tilted chest pockets with Velcro closure
9. Three-slot pen pocket on bottom of sleeve
10. Velcro sleeve cuff closure
11. Shoulder pockets with Velcro
12. Forward tilted cargo pockets
13. Integrated blouse bellows for increased upper body mobility
14. Integrated Friend or Foe Identification Square on both left and right shoulder pocket flap.
15. Bellowed calf storage pocket on left and right leg
16. Moisture-wicking desert tan T-shirt
17. Patrol cap with double thick bill and internal pocket
18. Improved hot-weather desert boot or temperate-weather desert boot
19. Two-inch, black nylon web belt
20. Moisture-wicking socks.

Military



Photo by Spc. Zach Mott

From right, Maj. Gen. Ramond C. Odierno, commanding general of the 4th Infantry Division, Col. Frederick S. Rudesheim, the former 3rd Brigade Combat Team, 4th ID commander and Col. Brian D. Jones, the new 3rd BCT commander, inspect 3rd BCT Soldiers during the change of command ceremony Tuesday at Pershing Field.

3rd BCT

From Page 1

morale and command climate," Rudesheim said, "it will always be the Soldier from whom we renew our spirits and derive our energy."

During his military career, Rudesheim has used that energy source to propel him through each assignment.

"Soldiers have kept me in the Army for over 23 years," he said. "it will always be the Soldier from whom we renew our spirits and derive our energy."

As Rudesheim culminated his address to the Soldiers, he focused not on the sadness of leaving them, but of the gratification he feels for having served with them.

"I can say with pride that I was once Striker 6, commander of the 3rd Brigade Combat Team of the 4th Infantry Division and we went to war," he said. "We did our nation's bidding and we returned. I will forever remember the sacrifices of our fallen and our injured comrades and wear with pride that reminder on my right shoulder."

Jones returns to Fort Carson and the 3rd BCT after most recently commanding the 1st Battalion, 9th Infantry

Regiment at Camp Hovey, Korea. Prior to his assignment overseas, Jones served as the 1st Battalion, 12th Infantry Regiment executive officer and operations officer for the 3rd BCT.

"What's great about our Army," Odierno said, "is when we say goodbye to a great leader, there's another one ready to come in. And we have another great team coming to Fort Carson and the 3rd Brigade Combat Team."

Jones said he is, "grateful for the opportunity to work with and command such fine Soldiers."

Odierno said Jones comes highly recommended.

"Brian has an impeccable reputation as a warrior ready to take on the future challenges as we reset, we reorganize and we prepare for the next fight," he said. "We must stay disciplined, deliberate and prepared, and he is up to that task."

Jones kept his remarks brief, and concluded with a salute to the Soldiers he now commands.

"Your service in Iraq provides an example for and inspiration to all Americans in or out of uniform and serves as a benchmark for our future readiness," he said.

Military Briefs

Misc.

Enlistment bonus — If you were deployed in Iraq, Kuwait or Afghanistan, you may be entitled to a lump sum re-enlistment bonus of \$5,000. Effective April 13, the Army announced a retroactive bonus to qualified Soldiers that re-enlisted from March 18, 2003, to Sept. 18, 2003.

Also effective May 18, the Army announced a new listing of Selective Re-enlistment Bonus and Targeted SRB Program. Under this new message, qualified Soldiers may be eligible for a lump sum bonus of up to \$10,000.

To see if you were qualified, please see your local Career Counselor:

3rd ACR — 526-3417

3rd BCT — 526-4549

43rd ASG — 526-9366

Division troops — 526-3983.

Officer Candidate School Board

— There will be an Officer Candidate School board Aug. 5 and 6. All participants must report in Class A's. All packets must be turned in to the 478th Personnel Support Battalion, building 1118, Room 208, no later than July 27. For more information, call Spc. Samantha Lamping at 526-1906.

Warrant officer recruiting — The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks.

Positions are open in all 45 specialties if you qualify.

Applicants with less than 12 years active federal service are encouraged to apply.

For more information, contact the Warrant Officer Recruiting Team at www.usarec.army.mil/warrant or call

(502) 626-0484.

U.S. Military Academy positions available — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and non-commissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs.

Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point.

For application information, go to <http://www.usma.army.mil/adjutantgeneral> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Special Forces briefings — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter proliferation.

Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

Initial/partial issues

Mondays, Thursdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m. and Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and

Thursdays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays, call 526-3321.

Effective immediately: Replacement will be scheduled Monday, Thursday and Friday mornings. Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing. Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with a supply sergeant.

Active-duty units — Permanent Change of Station/End of Time in Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

Laundry Service

Post Laundry Service — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in. Allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. Turn around for service is 72 hours.

No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni Center briefing is required for all depart-

ing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m.

Call 526-1002 or 526-0640 to schedule a briefing.

Are you end of time in service? If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

The Commanding General's Newcomers' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Hours of operation

Education Center hours of operation — The Mountain Post Training and Education Center's hours for certain programs and services are as follows:

Counselor Support Center — Monday through Thursday, 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Army Learning Center and Basic Skill Classes — Monday through Thursday, 9 a.m. to noon and 1 to 4 p.m.

Defense Activity for Non-Tradition Education Support and Advanced Personnel Testing — Monday through Friday, 7:30 a.m. to 4:30 p.m.

eArmyU Testing — Monday through Thursday, 8 a.m. to 4:30 p.m. and Friday, 8 a.m. through 4:30 p.m.

eArmyU Office — Monday through Thursday 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Military Occupational Specialty Library — Monday through Friday, 7:30 a.m. to 11:45 a.m. and 12:45 to 4:30 p.m.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m. The office is closed Fridays.

Personnel Claims hours:
Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m.
Submit DD 1840/1840R

Receive documents for filing:
Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday.
If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352.

Editor's note: The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.

Dining Schedule

June 17 to 25

Weekday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
Mountaineer Inn (building 1369)
10th SFG (A) (building 7481)
3rd BCT Strikers Cafe (building 2061)

Weekday Meal Hours

Breakfast 5:30 to 9 a.m. (All facilities)
5:30 to 8:30 a.m. (Cheyenne Mtn. Inn)
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

Exceptions

- Patton House is closed until further notice.
- Strikers and 43rd ASG are open Saturdays and Sundays.



Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House. (building 2461)
43rd ASG (building 1040)
Mountaineer Inn (building 1369)
3rd BCT Strikers Cafe (building 2061)

Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m. 3 to 5 p.m. (Cheyenne Mtn. Inn)



Courtesy photo

Final salute ...

The 307th Quartermaster Battalion performs a pass in review at a farewell ceremony for Lt. Col. Neil Black, 307th Quartermaster Battalion commander. Brig. Gen. Joseph Orr, deputy commanding general, 7th Infantry Division and Fort Carson, was the reviewing officer for the ceremony.



Photo by Pfc. Stephen Kretsinger

Operation Clean Sweep ...

Orange trash bags line the side of O'Connell Boulevard and many other main roads for a post-wide weed removal instituted by U.S. Army Garrison. The clean up, being conducted by all units on post, will continue until the weeds, trash, etc. are removed. The orange bags will be removed when the clean up is complete.

Mission accomplished ...

Soldiers receive awards for OIF

by Sgt. Jon Wiley
Mountaineer staff

The 1st Battalion, 8th Infantry, 3rd Brigade Combat Team; brought another chapter of the unit's 166-year history to a close with an awards ceremony June 5 at McMahon Theater.

Soldiers received awards for their performance during their deployment in support of Operation Iraqi Freedom.

One hundred and twenty Soldiers received Bronze Star Medals, nine with a "V" device for valor, 48 received Army Commendation Medals and 11 were awarded Purple Hearts.

The unit, which spent most of their 12-month deployment from April, 2003 to March near Balad, Iraq, "killed, captured or detained more than 1,100 insurgents" and "pumped about \$4 million into the local economy" with projects such as rebuilding schools, said Lt. Col. Nathan Sassaman, commander of the 1st Bn., 8th Inf.

Sassaman said during the first

part of its deployment the unit faced off with many fedayeen and guerrilla soldiers.

"I call it the '100 days of Summer' because from about July 4 (2003) through mid October (2003) there were a lot of attacks on our forces. There were some days where we had six or seven attacks on our forces," Sassaman said.

Despite the pressure, the Soldiers did a "fantastic job," Sassaman said, and continued the unit's long tradition of excellence in war and combat.

At the awards ceremony, the unit's World War II veterans who participated in the June 6, 1944, invasion of Normandy beach in France were also honored.

The unit also recalled the accomplishments of other 1st Bn., 8th Inf. Soldiers throughout history. The unit participated in the Mexican-American War, American Civil War, the Indian War, the Spanish-American War, World War I, World War II, the Korean War and the Vietnam police action.



Photo by Sgt. Jon Wiley

One hundred and twenty Soldiers received Bronze Star Medals, nine with a "V" device for valor, 48 received Army Commendation Medals and 11 were given Purple Hearts at the 1st Battalion, 8th Infantry, 3rd Brigade Combat Team award ceremony at McMahon Theater June 5. The Soldiers were awarded for their participation in Operation Iraqi Freedom.

Community

Law can end career for Soldiers who commit domestic violence

by 1st Lt. Stephen Benson
Office of the Staff Judge Advocate
Legal Assistance Division

The Lautenberg Amendment is a serious concern for the professional Soldier. Every Soldier should have a basic understanding of what Lautenberg is and the potential of this federal law to effectively end an otherwise promising military career.

In 1996, the Lautenberg Amendment to the Gun Control Act of 1968 was enacted by Congress and signed into law by President William Clinton. The Lautenberg Amendment makes it unlawful for any person who has been convicted of a misdemeanor crime of domestic violence to possess ammunition or a firearm that has passed through interstate commerce.

Virtually every modern firearm has passed through interstate commerce either during its manufacture or through distribution to local dealers including military contractors. The prohibition on possession extends to every firearm in the U.S. military's inventory and the vast majority of privately owned weapons. The

Lautenberg Amendment is applicable to all American Soldiers worldwide, including those serving in combat zones. Lautenberg is retroactive in application, meaning that no person who has a qualifying conviction is exempt from this law or "grand-fathered" on the basis that the conviction occurred before the effective date of the law's enactment.

A crime of domestic violence is defined in the Lautenberg Amendment as an offense that involves the use of physical force; or the attempted use of physical force; or the threatened use of a deadly weapon; committed by a certain category of offender. For Lautenberg to apply, the offender must be one or more of the following: (1) a current or former spouse, parent, or guardian of the alleged victim; (2) a person with whom the alleged victim shares a child; (3) a person who is cohabitating or has cohabitated with the alleged victim as a spouse, parent or guardian; or (4) a person who was similarly situated to a spouse, parent or guardian of the alleged victim.

Persons who are "similarly situated to a spouse" include two persons who are residing at the same location in an intimate relationship with the intent to make that place their home.

Soldiers who have a qualifying conviction automatically lose their eligibility for Outside of the Continental United States assignments. They are non-deployable for any mission that requires possession, maintenance or operation of firearms or ammunition.

Further, a Soldier's inability to perform missions because of a qualifying conviction may be grounds for adverse comments in evaluations and efficiency reports. Soldiers with qualifying convictions are not eligible for re-enlistment and are ineligible for the indefinite re-enlistment program.

Commanders are not permitted to assign Soldiers with qualifying convictions to positions of leadership, supervisory or property accountability that require access to firearms or ammunition. While a commander

may make reasonable efforts to accommodate Soldiers with qualifying convictions, there is no restriction on the commander's authority to initiate separation proceedings for a Soldier based on the criminal conduct that led to the qualifying conviction.

Strictly speaking, a Soldier with a qualifying

conviction is in a similar position to a professional baseball player who has been prohibited from touching a baseball. While there may be some administrative position or side job available within the ball club, there is little constructive purpose in retaining a trained player who is forever barred from the game.

In the Colorado, 4th Judicial District (which includes Fountain, Security, Monument and Colorado Springs), an allegation of domestic violence alone is, in many cases, all that is required to trigger arrest and criminal charges being filed against a Soldier. Two costly mistakes that Soldiers have a tendency to make in these instances are (1) giving a statement or talking to the police, and (2) entering a plea of guilty in an effort to resolve the matter quickly and with the least bit of hassle.

The first mistake is critical because in some instances there is little or no evidence of domestic violence when the police arrive on the scene, yet the Soldier, in trying to explain his side of what happened provides the police with sufficient evidence to support an effective criminal prosecution.

In a typical rights advisement, police officers are required to inform a suspect in custody before ques-

tioning that anything he says can and will be taken down and used against him in a court of law. This advisement means precisely what it says. If a Soldier makes a statement or talks to the police, everything the Soldier says will be taken down and turned over to the district attorney for the express purpose of building a criminal prosecution.

The second and perhaps more costly mistake, results in the Soldier attempting to minimize legal expenses, possible jail and time spent away from his duty station. District attorneys are adept salespersons when it comes to reducing their workload and persuading a person charged with a crime to enter a plea of guilty rather than take the case to trial and through the discovery process. Far too often, the Soldier fails to consult a legal assistance attorney or Trial Defense Service judge advocate or fails to retain civilian defense counsel before attending the first appearance in a civilian criminal court case.

Those who are not well acquainted with the civilian criminal justice system are highly vulnerable and should never attempt to go through it alone without first consulting with an experienced criminal defense lawyer.

Recognition and adequate preventative measures are essential to avoiding a potential Lautenberg situation. Contact with a volatile former spouse or significant other anywhere other than in the setting of a courtroom should be avoided at all costs, especially where child-custody or visitation issues are at issue. Arguments over contested divorce and separation issues frequently end in arrest and domestic violence charges.

A heated argument in the home of a former spouse with no objective witnesses present is a recipe for disaster. In cases where a confrontation is already under way, such as an argument between two spouses or a disciplinary problem with an older child, anger control is essential. Diffusing the situation in a calm manner or leaving the house for a couple of hours to cool off are the best courses of action.

If you are concerned about whether you have a Lautenberg problem, call the Fort Carson Legal Assistance Division, Building 6285, at 526-5572 or 526-5573 to make an appointment with a legal assistance attorney.

The office is open Monday through Thursday from 9 a.m. to 4 p.m. Walk-in consultations are available on a first-come, first-served basis on Monday and Thursday afternoons, from 1 to 4 p.m. The office is closed Fridays for training.

ACS offers assistance, check-writing classes

Courtesy Army Community Service
Utility bill assistance

Fort Carson has received an allocation of Citizen's Option to Provide Energy funds to provide direct assistance for people in need of utilities assistance.

COPE assistance can only be provided to those individuals with Colorado Springs Utilities as their service provider. Applicants must have a disconnect notice to receive funds from Project COPE. Project Cope is open to active duty servicemembers as well as retirees.

Call the Army Community Service Financial

Readiness Program at 526-4590 for details or to apply for COPE assistance.

Visit www.carson.army.mil. Click on ACS for information regarding our numerous programs designed specifically for you.

Learn to write checks right

Your Army Community Service Financial Readiness Program offers monthly refresher classes on checkbook management for active duty service members, family members, and retirees. These classes are designed to provide remedial training for individuals who have bounced checks or have otherwise misman-

aged their checking accounts. Students will learn how to manage and reconcile their accounts along with basic banking terminology.

Leaders are encouraged to refer soldiers who are misusing or abusing check-cashing privileges for this training.

Classes are offered the first Tuesday of each month from 9 a.m. to noon in the ACS Family Readiness Center, building 1526. Childcare is available. For details or to make class reservations please call 526-4590. Visit www.carson.army.mil click on ACS for information regarding numerous programs designed specifically for you.

Memorial

From Page 1

The dedicated and selfless service of 54 men and women who answered the nation's call to duty and proudly defended the United States of America will always remain engraved in the large stones at the west end of Kit Carson Memorial Park.

These are America's sons and daughters who fight and win America's Wars in order to insure our freedom, said Orr. "Each of these Soldiers no doubt played a huge role in the War on Terrorism.

"Today we dedicate a new addition to Kit Carson Memorial Park in the memory of our fallen comrades in the military profession of arms," Orr said. It is our hope that this memorial will provide a worthy setting for family members, friends and future Fort Carson visitors to honor those who faithfully served in the nation's Global War on Terrorism, added Orr.

Although the memorial is to honor Fort Carson Soldiers, the site is not inside the gates of Fort Carson. The memorial site is always available to the public for viewing at their convenience outside the main gate.

Orr also addressed the audience by saying, "These were Soldiers who willingly put aside their personal comforts to help others in a time of need and put themselves in harms way in order to give others freedom, hope and a better way of life, they are truly America's heroes."

Although Orr called these Soldiers heroes for what they did in the War on Terrorism, Fort Carson Command

Chaplain (Col.) Lowell Moore said they were heroes before then. "They were great Americans before the war and great Americans now." There is no greater love than a man who will lay down his life for his friend, added Moore.

After Moore gave his closing remarks, family members and guests were escorted to the Global War on Terrorism Monument. Orr, along with Fort Carson Garrison Command Sgt. Maj. Joseph Van Dyke, laid the memorial wreath while a formation of 54 Soldiers, representing the ones on the stones, waited nearby. As each name was read, a Soldier marched out of the formation to the monument, saluted and marched off to the side where a new formation would begin. One-by-one the announcer went through the list while family members and friends stood behind velvet ropes waiting for what seemed like hours for the opportunity to see the monumental stones.

After the last name was called, family and friends were allowed to take time to remember their loved ones as they looked at the new memorial. Some even made rubbings of the names to take back with them as a small memento of the tribute Fort Carson has given to these fallen Soldiers.

Jason Kordsmeier and his family came from Little Rock, Ark., to honor his father, Chief Warrant Officer Patrick Kordsmeier. "This is such a special tribute to honor our father, we had to be here," Kordsmeier said. "To think the nation cares this much, he would appreciate it."

Although Kordsmeier took a rubbing of his father's name, he plans to

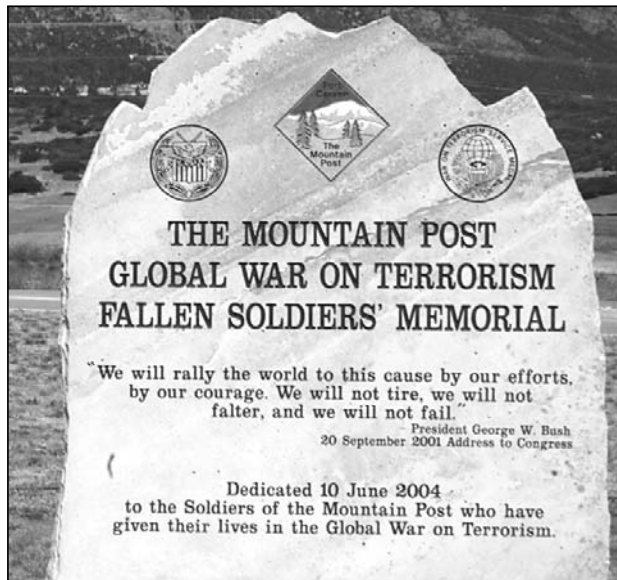


Photo by Pfc. Clint Stein

The new War on Terrorism Memorial stands at Kit Carson Memorial Park outside of the main gate.

come back to the site in the years to come. "Our family feels comforted by this memorial, it makes it a little easier to deal with the loss."

"This is only the second time I've seen my husband's name on anything after his death," said Bridgette Van Dusen, widow of Chief Warrant Officer Brian Van Dusen. "It's nice to know people will never forget what his sacrifice was for."

Although these Soldiers were lost in combat, their names will live on in his-

tory, Orr said.

"Their stories will all be read by future generations in history classes throughout America," said Orr. "They too will be remembered like the Veterans before them as defenders of America's freedom who answered the nation's call to duty in order to defeat those who would threaten our very freedoms as a nation and our very way of life.

"Never let us forget those Soldiers and what they have done."

Community Briefs

Miscellaneous

4th Finance Battalion Change of Command

— The 4th Finance Battalion will hold a Change of Command ceremony June 28 at 9 a.m. at Manhart Field. The ceremony will be held in the Special Events Center in the weather is inclement. Those wishing to attend should RSVP via e-mail at davina.thomas@carson.army.mil or call 526-3443.

The 4th Finance Battalion will be closed the morning of June 28 during the ceremony and will reopen at 1 p.m. and remain open until 4 p.m.

ACAP limited office hours — The Army Career and Alumni Center will be open for limited service June 24 and 25 for remodeling. In case of emergency, please contact the contract installation manager, William Barnson, in building 1118, room 133, at 526-1002.

Family Carnival Night — There will be a Family Carnival Night at the Elkhorn Conference Center Friday from 5 to 8 p.m.

The cost is \$8.95 for those 12 and over, \$4 for 6 to 12 year-olds and free for those 5 and under.

Admission costs include a family buffet, clowns, pony rides, a bouncy castle, face painting, cookie decorating, magician, balloon art, children's games and more. The event is open to everyone. Call 576-6646 for more information or to sign up.

OSJA closure — The Office of the Staff Judge Advocate will be closed July 9 for organizational day activities. The SJA duty officer can be contacted in emergencies through the Emergency Operations Center or the Military Police. Call Sterling Largin at 526-5361 for more information.

Roof repairs — Chapman Roofing has begun roof repairs and replacements as needed on all homes that suffered wind damage. This will be ongoing for several weeks. We are unable to target specific dates for each home as the workload varies. Thank you for your patience and cooperation.

Camp and sports physicals — Evans Army Community Hospital has set aside additional physical slots to meet the high demand. Call soon to get a time that works for you.

School physicals are not a requirement for entry into any local school.

Immunizations will need to be updated for children entering kindergarten and children 11 to 12 years of age.

Peds Immunization Clinic Hours: 7:30 to 11:30 a.m. and 1 to 3:30 p.m. Monday to Friday. Closed after 11:30 a.m. the second Thursday of the month.

- Immunizations are done on a walk-in basis
- Call 264-5000 to make an appointment for a physical.

Health and Safety Office closing — The American Red Cross Health and Safety Education Office in room 1801 at Evans Army Community Hospital will be closed for two months. The Health and Safety program is part of the Pikes Peak Chapter in Colorado Springs which is currently undergoing a transition.

If you are a military unit or family member interested in a community CPR/first aid or other health and safety education classes, call the chapter at 632-3563. The new address is: 1040 South 8th Street in Colorado Springs, across from Motor City.

Youth sponsorship training — Army life means having to leave your home, school and friends to move to a new installation. Youth sponsorship offers you the opportunity to make new friends and help someone adjust to their new home.

Classes are offered one Saturday per month at the Family Connection Center in building 1354 from

2 to 4 p.m. Upcoming classes are June 19, July 17, Aug. 21, Sept. 18 and Oct. 16. For more information on youth sponsorship, call 526-1070.

Bulk trash pickup change — In order to help maintain a refreshing curb appeal, bulk pickup is once per week. Bulk pickup is scheduled every Friday only. Please place items to be picked up at the curb in front of your home first thing Friday morning. Bulk pickup begins at 7 a.m. and continues until all items are picked up. In order to help us keep the curb looking sharp, please help us by not storing items outside, other than Friday morning for bulk pickup. We thank you in advance for helping make our community a better place to call home.

Voting information — For voting information or voting materials, see your unit's Voting Assistance Officer or contact the Fort Carson Voting Assistance Officer at 526-8419. You can also find voting information by going to the Federal Voting Web site at www.fvap.gov or the Fort Carson Web site at www.carson.army.mil, click on links.

Better Breathers — Better Breathers is an educational and support group for active duty and retired servicemembers and family members to learn about their lung condition and how to live with it.

The group meets on the second Thursday of every month at Evans Army Community Hospital. This is a self-referral program and no appointment is needed; just let us know you are interested.

Topics are member requested as well as timely medical information. Individual assistance is also available on request.

If you have any questions, please call Sue Prievé at 524-4043.

Commissary news — A commissary customer newsletter is now being delivered through e-mail. Shoppers can sign up for it now at www.commissaries.com. The newsletter will keep customers informed about sales and promotional offers — even offering links to manufacturer and vendor sites where they can enter shopping sprees and contests.

Yard Sale — The annual Fort Carson Mayors' yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; dates are Saturday, July 3 and 17, Aug. 7 and 21, Sept. 4 and 18, Oct. 2 and 16, Nov. 6 and 20 and Dec. 4 and 18.

Both on- and off-post residents can participate. Housing residents can set up yard sales in front of their houses; barracks and off-post residents can set up in the Beacon Elementary School parking lot.

All residents and sellers must comply with the following guidelines:

- Residents are responsible for conducting their yard sale.
- Individual occupants are responsible for trash control and removal, which must be completed by 5 p.m. the day of the sale or citations will be issued.
- Commercial organizations and individuals will comply with all regulations related to commercial solicitation.
- All sellers are prohibited from offering for sale items such as drugs, guns, food or anything that does not conform to the rules and regulations of Fort Carson or the state of Colorado.

For more information, contact your village mayor or the mayor program coordinator at 526-1082 or 526-1049.

Marriage seminar — A marriage seminar for military couples will be held at Calvary Worship Center at 505 Castle Road, in Colorado Springs, June 18 from 6:30 to 8:30 p.m. and June 19 from 9 a.m. to noon.

The seminar, along with child-care is free. Interested participants should plan to attend both days, and must RSVP by June 13 to 632-3311.

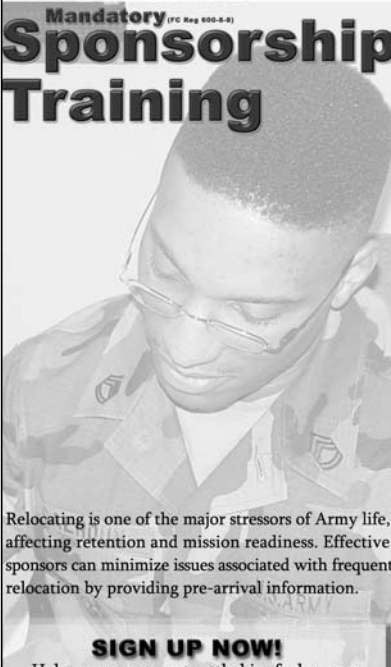
For details, call the church at 632-3311, or Spc. Roger Avillar at 579-6613.

School Information

Army Community Service
Family Readiness Center
719-526-4590

Mandatory (FC Reg 000-8-8)

Sponsorship Training



Relocating is one of the major stressors of Army life, affecting retention and mission readiness. Effective sponsors can minimize issues associated with frequent relocation by providing pre-arrival information.

SIGN UP NOW!
Help newcomers get settled in, feel a sense of belonging, welcome and concern.

Tuesday, July 13, 2 P.M.-3 P.M.
Family Connection, Bldg. 1354

All sponsors are required to have mandatory training through ACS prior to being assigned as a sponsor. For details or to register, contact the staff at the Family Connection at (719) 526-1070.

Summer School — If you are interested in extending your child's learning opportunities, the Fountain-Fort Carson School District is once again offering summer school for kindergarten through 11th grade.

The elementary program will be offered at Aragon and Patriot Elementary Schools Monday to July 15, Mondays to Thursdays 8 a.m. to noon. The middle school and high school program will be held at Fountain-Fort Carson High School Monday to July 15, Mondays to Thursdays 8 a.m. to noon.

A variety of challenging and stimulating classes are being offered as choices that will engage your child in the learning process.

To enroll, stop by one of the above schools for a registration packet for that school's level or the administration building.

Enhanced 911 Survey — The Directorate of Information Management is conducting a building-by-building telephone survey in support of the E-911 implementation. The Fort Carson E-911 system will use government administrative telephones, identified by prefixes 524 and 526, to provide emergency response coordinated through the fire department.

Several survey teams will visit buildings to verify telephone numbers, unit identification, room, floor, building and address. Team members will be wearing hats and vests identifying them as 911 survey team members. Facility managers and telephone control officers will be contacted for assistance in this survey process.

For information on E-911 service on nongovernment telephones, contact the service provider (i.e. Sprint, Qwest, Nextel).

Post volunteers receive recognition

**by Pfc. Clint Stein
Mountaineer staff**

The Fort Carson Volunteer Recognition Ceremony was held at the Elkhorn Conference Center June 8 where more than 150 volunteers were awarded for their service and dedication to the Mountain Post.

Before lunch was brought out to the guests, Garrison Commander Col. Michael Resty Jr., gave welcoming remarks and praised the volunteers for everything they have done over the past year. "We can't do what we do here at the Mountain Post without the support of our volunteers," said Resty. Not only do they strengthen ties between military and community, they support the mission, said Resty.

"During the fiscal year of 2003, Fort Carson volunteers worked more than 124,000 hours and saved the Mountain Post more than \$2.4 million," Resty said.

After Resty spoke and lunch was served, 7th Infantry Division and Fort Carson Deputy Commanding General Brig. Gen. Joseph Orr along with Lynn Wilson, wife of 7th Infantry Division and Fort Carson Commanding General Maj. Gen. Robert Wilson, presented both the department of the Army awards and installation awards. One at

a time, more than 150 volunteers came to the front of the conference room to receive their award for exceptional volunteer service.

Cindy Davidson, a volunteer at the Army Community Service Readiness Center said there is nothing exceptional about what she does. "I'm happy to volunteer; it's a completely new experience for me and I love it," said Davidson.

For some volunteers it seems to be a two-way street. Fort Carson gets more help to complete its mission while the volunteers get to be a part of the Mountain Post community. "I get a chance to get out of the house and be a part of events on post," Davidson said. "I've been able to meet other spouses and talk about things we all have in common." "I plan to stick with it, especially when my husband deploys again."

Although Melissa Poates, a volunteer at Evans Army Community Hospital, is not married, she is still able to network with her peers. "I started volunteering at the hospital, because I plan on being a doctor one day," said Poates. "I also like helping out other people too." Poates won the Department of the Army Outstanding Civilian Service Medal for her volun-



Photo by Pfc. Clint Stein

Melissa Poates, EACH volunteer center, stands proud as she receives an award from 7th Infantry Division and Fort Carson Deputy Commanding General Brig. Gen. Joseph Orr and Lynn Wilson.

teer work at EACH.

After Poates, Davidson and the other volunteers were given their awards, Orr awarded Joey Bautista, Volunteer Program Manager, with a coin of excellence for his efforts and exceptional service to the Fort Carson Volunteer Program. Bautista thanked all the volunteers for their help over the past year and said he will always

have a job opening for anyone who is looking.

Bautista later presented a gift to one of Fort Carson's most generous volunteers, Mrs. Wilson for all of her support and help with the many programs she is involved in.

For information on how to become a Fort Carson Volunteer, contact Joey Bautista at 526-1082.

Happy Father's Day ...

Dads pass along a rich inheritance

Commentary by Chap. (Col.) Lowell Moore
Command Chaplain, Fort Carson Colorado

When I was a young, snot-nosed kid in high school, I was kidding with my father and said, "Dad, I'm poor, dumb and ugly and I inherited it all from you." He joked back and said, "That's right, and you're lucky you got that much." At least I hoped he was joking.

Since Father's Day is approaching, I have been thinking about what I have inherited. I have become aware that the greatest part of my inheritance can't be measured in intelligence, physical appearance or money. My real inheritance is the ethics and values my father instilled in me while I was growing up.

In thinking about this article, I tried to recall some clever or wise saying my dad used to teach me values, and I couldn't think of even one. You see, he taught me through his example and not his speeches.

Aristotle said, "We are what we repeatedly do. Excellence, therefore, is not an act, but a habit." Dad must have realized this was true of values too because he taught me values by living them until they became habit.

When I was in high school, Dad was director of admissions at Olivet Nazarene University, and his job became very busy at the beginning of each semester. During this time, he worked long hours and several times he would work all night. On these occasions, he would come home in time to have breakfast with the family and see us off to school. Then he might catch a quick nap before going back

to work.

As a kid I wondered why he pushed himself so hard. It wasn't until much later in life I realized he was teaching me values.

When I was stationed at Fort Leonard Wood, Mo., I was the chaplain for a basic training battalion where trainees learned to become combat engineers. Engineer Week was the last week of their training, and during this week they lived in the field while they used their newly acquired skills to perform various tasks. This week concluded with a long march back to the company area that would begin about midnight. The actual length of this march was unknown but it was often debated with most trainees swearing it was more than 20 miles long.

Although I had no requirement to do so, I went on this march with every training cycle, and I believe the most valuable lesson we learned on these marches was how to sleepwalk. However, our sleep was often interrupted by an enemy attack and the weapon of choice was tear gas. Since the drill sergeants staged the attack, it was truly an enemy attack.

On one march, I forgot my gas mask, but since gas was not used on every march, I decided to say a prayer and go on the march without my gas mask. As fate would have it, about halfway through the march we came under attack. The trainees did just what they were trained to do. They hit the ground, donned their gas masks, returned fire and moved out to engage the enemy. I bravely stood there, undaunted by the sound of gunfire all around me (I knew

they were blanks), but I was becoming increasingly unnerved by the white cloud that was slowly drifting my way. That was tear gas, and it was real.

There I was, about two in the morning, sweaty, tired, sleepy, blisters on my feet, a cloud of tear gas closing in on me and I didn't have to be there. I asked myself, "Why am I here?" The only answer I could come up with was, "Because this is what Dad would have done."

That answer was good enough for me. So, I began putting one weary foot in front of the other as I coughed my way through the tear gas that now had me completely engulfed.

This is only one example of how my father used this sneaky tactic to teach me, and I couldn't resist because I didn't even know I was being taught. Through his example he taught me respect, integrity, faith in God, honor, loyalty and the many other values that I hold dear today.

I have heard it said, "You may not see yourself as an example, but you are to someone." This is true and I am fortunate that my father used the power of his example in a positive way. Unfortunately, this method could be used in a negative way as well.

To all Fort Carson fathers I say, "Happy Father's Day." And I encourage you to develop habits as if you will be giving them to your children as an important part of their inheritance — you are.

Thanks Dad for my rich inheritance. However, I could have used a little more help in the looks department.

Chapel

Protestant Youth of the Chapel —

Protestant Adult Sunday School Classes are offered each Sunday at 9:30 a.m. at Soldiers' Memorial Chapel, building 1500 (Next to the Post Exchange).

Youth of the Chapel — Activities

for Protestant and Catholic middle school and high school youth take place each Tuesday at 6:30 p.m. at Soldiers' Memorial Chapel. Protestant high school activities include Bible studies Sunday at 9:30 a.m. and Tuesday at 6:30 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sunday at Soldiers' Memorial Chapel.

Native American Services — The

He Ska Akicita Inipi is located on Fort Carson. All native and non-native people, military personnel, family members and Defense Department personnel are welcome. Anyone interested in attending and praying in this manner can contact Michael Dunning at 382-5331, (c) 330-9537, or (e-mail) micheal.dunning@carson.army.mil, or Charles Erwin at (h) 382-8177, (e-mail) erwin106@juno.com, or Zoe Goodblanket at 442-0929 for information and directions.

Chapel Schedule ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Byrd/526-2811
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PVOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Friday	noon	Prayer	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166

LITURGICAL

Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
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JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

WICCA

Monday	6:30 p.m.	Family University	Building 1161	Melissa Dalugdag/330-7873
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MORMON

Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
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NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 16 & Judges 13-15

Saturday — Psalms 17 & Judges 16-18

Sunday — Psalms 18 & Judges 19-21

Monday — Psalms 19 & Ruth

Tuesday — Psalms 20 & 1 Samuel 1-3

Wednesday — Psalms 21 & 1 Samuel 4-6

Thursday — Psalms 22 & 1 Samuel 7-9

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer.

You are invited to join the chaplain community and pray for these individuals and organizations.

Please pray this week for the following:

Unit: For the Soldiers and leaders of the U.S. Army Reserve 90th Reserve Readiness Command, headquartered in North Little Rock, Ark.

Army: For the men and women of the Army Nurse Corps. Pray for them in their mission of providing professional and com-

passionate care during peacetime and contingency operations.

State: For the Soldiers and families from the State of Arkansas. Pray also for Gov. Mike Huckabee, the state legislators and municipal officials of The Natural State.

Nation: For the fathers in celebration of Father's Day. Pray for encouragement of all fathers to spend some quality time with their children at every opportunity.

Religious: For all Soldiers and families from The Plymouth Brethren Church. Pray also for the chaplains endorsed to military service by this community of faith.

For more information on the Army Cycle of Prayer visit the cycle's Web site at www.usarmychaplain.com.

Precautions for successful hunters

by Christopher Zimmerman
Fort Carson Wildlife Office

Big game season is just around the corner and a concern for every hunter in this region is chronic wasting disease.

In April 2004, a deer from the southern Broadmoor area tested positive for the disease. It hasn't been determined how extensive the chronic wasting disease is here; however local hunters should consider taking precautions after a successful hunt.

According to the Colorado Division of Wildlife, chronic wasting disease is a fatal disease contracted by deer and elk. The disease attacks the brain of infected deer and elk and causes the following symptoms: emaciation, displays of abnormal behavior, loss of bodily functions and ultimately death.

Health officials with the Federal Center for Disease Control and Prevention in Atlanta and the Colorado Department of

Public Health and Environment have studied chronic wasting disease and have found no evidence that the disease can be transmitted to humans. Public health officials and the CDOW, however, advise hunters not to consume meat from animals known to have the disease. The Colorado State University Veterinary Diagnostic Laboratory can test harvested deer or elk for chronic wasting disease for a \$15 fee. The test results can be tracked online and are usually completed within five to 14 working days.

For more information on chronic wasting disease and about testing for the disease, visit the CDOW Web site at <http://wildlife.state.co.us/CWD/index.asp>.

For more information on hunting and fishing in the Fort Carson area, call the Wildlife Office at 576-8074 or visit the Web site at <http://mountain-prairie.fws.gov/gmu591>.

Safety tips for hunters

These simple precautions are advised when field dressing deer or elk hunted in areas where the disease has been discovered:

Do not shoot, handle or eat any animal that appears sick; contact the Directorate of Environmental Compliance and Management Wildlife Office at 576-8074 if it displays the symptoms listed in the story

Wear rubber gloves when field dressing a deer or elk

Bone out the meat from an animal

Avoid handling brain and spinal tissue

Wash hands and instruments after field dressing the animal

Do not eat the following parts of a harvested deer or elk: brain, spinal cord, eyes, spleen, tonsils and lymph nodes

Do not eat the meat from any animal that tests positive for chronic wasting disease

Ask that harvested animals be processed individually, without meat from other animals being added.

Waa-nibe house opens for spouses

by **Spc. Zach Mott**
Mountaineer staff

"We have a home," is how Kim Alexander, the Enlisted Spouses Charitable Organization president, summed up the opening of the Waa-nibe Carson House Monday in building 1007 — the former Troop Medical Clinic 6.

The house is for each of the two spouse organizations — both enlisted and officer — to meet.

Waa-nibe (pronounced Wa-a-knee-bay) Carson House is named in honor of Kit Carson's first wife, with whom he had one child. She is believed to have died during childbirth with their second child. Waa-nibe was a member of the Arapahoe Indian tribe.

"(The Officers' Spouses' Club) plans to have classes in here," said Kim Felts, the OSC president. "We want to get some of our spouses to teach craft classes or informational classes."

In addition to classes and regular meetings, Alexander said she sees the new building as a gathering point as well.

"It's a place to where families can come to and be able to talk and get together and be with each other," she said.

Prior to the Waa-nibe Carson House the OSC held its general membership meetings at the Elkhorn Conference Center and board meetings were at the Xtremes Conference Room. The ESCO met at the

Family Connection Center.

"It's so great to have a meeting point," Felts said. "It's going to facilitate a lot of interaction between OSC and ESCO."

Converting the building was no small task. Staff Sgt. Nanette Damon, the garrison command sergeant major's details noncommissioned officer in charge, and her staff, along with the Directorate of Public Works, began working in January to renovate the former TMC.

"It was a building that the garrison sergeant major wanted to have so the ladies could have a place to do their meetings," Damon said.

Each spouse organization will hold membership drives this summer. The enlisted spouses membership drive begins July 31 with a barbecue. The officer spouse membership drive begins Aug. 18 with a garden party.

For more information about becoming a member of either organization, attend a monthly meeting. The enlisted spouses meet the first Wednesday of each month at 5:30 p.m. in the Waa-nibe Carson House. Officer spouses will meet the third Wednesday of the month beginning in August.

Waa-nibe is considered by some to be the most influential person in Kit Carson's life.

"(It's been) stated that if she would not have died, Kit Carson would not have been the man that he is



Photo by **Spc. Zach Mott**

Kim Felts, left, the Officers' Spouses' Club president, and Kim Alexander, the Enlisted Spouses' Charitable Organization president, slice a cake commemorating the opening of the Waa-nibe Carson House Monday.

Myers helps Carson celebrate Army birthday



Photo courtesy Marco Mineio
Air Force Gen. Richard Myers, chairman, Joint Chiefs of Staff, accepts a statuette from the Michael Garman family at the Army Ball Saturday.



Photo courtesy Marco Mineio
Soldiers were serenaded with a song about freedom at the ball.

by Sgt. Chris Smith
Fort Carson Public Affairs Office
A group of more than 3,000 Soldiers gathered at the Phil Long Expo Center June 12 to celebrate the Army ball.

The Army Birthday Ball, Fort Carson's largest to date, was to commemorate the Army's 229th birthday. Air Force Gen. Richard Myers, chairman of the Joint Chiefs of Staff, was the event's guest speaker.

Myers spoke of his appreciation for Fort Carson Soldiers' tireless resolve toward the accomplishment of the mission and the military's importance.

"We are a nation that is threatened in some ways like we never have been threatened before," said Myers. He then

mentioned that the military is an important element in combating the threat.

"They made big, big sacrifices," said Myers of the Soldiers. Myers also said he was honored to be able to thank the Soldiers personally for their sacrifices.

Those in attendance let loose hearty cheers when Myers applauded their units' work in Iraq and spoke of the Soldiers' heroism. One Soldier who was recognized for his effort was Cpl. Brian Wilhelm who lost part of his leg in Iraq during a rocket-propelled grenade attack on his unit.

Wilhelm was able to break an old military tradition of the youngest Soldier

at the ball getting to cut the cake by taking the honor with Myers, Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, and Command Sgt. Maj. Terrance McWilliams, 7th Infantry Division and Fort Carson command sergeant major.

As a way of saying thank you to Soldiers, the local community sponsored a portion of the event, reducing the price of tickets for Soldiers. For entertainment, there were several dance bands, a military band and an Army string quartet, as well as a monopoly money casino. Soldiers in attendance were also able to honor fallen comrades through toasting, the playing of taps and the lighting of candles at the fallen Soldiers' table.



Photo courtesy Marco Mineio
From left, Maj. Gen. Robert Wilson, Cpl. Brian Wilhelm, Air Force Gen. Richard Myers and Command Sgt. Maj. Terrance McWilliams work together to cut the cake.



Photo courtesy Marco Mineio
Air Force Gen. Richard Myers, chairman, Joint Chiefs of Staff, speaks at the Army Ball.



Photo by Sgt. Chris Smith
Taps is played during the opening ceremonies at the Army Ball.



Out & About

Jun 17 - 25, 2004

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Tennis Courts**

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Get In The Swing and Join The Fun!
\$2.00 per person
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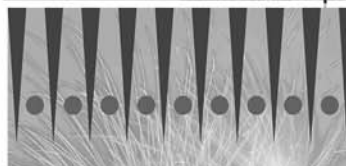
June 26, July 31, August 21
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June 17, July 15, July 23, August 12
paintball

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Colorado Carousels

hand-carved rare antique musical rides

Story and photos
by Nel Lampe
Mountaineer staff

A carousel and its accompanying brassy, catchy music usually evokes smiles from adults as well as children. For the adults, the sight and sound of a carousel may evoke childhood memories; for the child it may be fantasy brought to life.

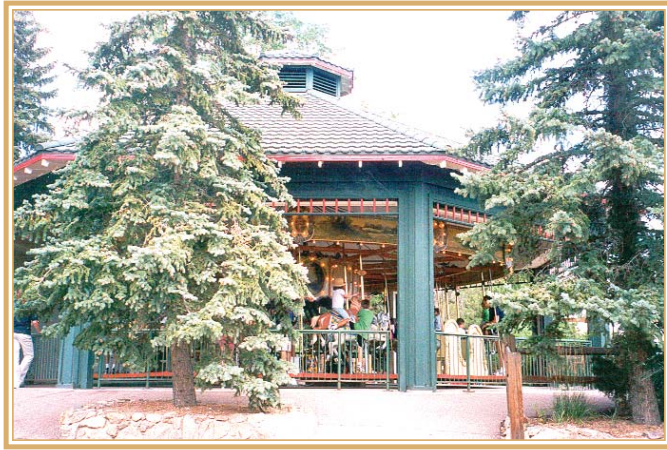
Any carousel can bring a smile to the rider's face, even a newer version with animals made of fiberglass. But, there's something special about an animal hand-carved from wood 100 years ago.

Carousels carved by hand are extremely rare — about 150 are believed to still exist. Of those, six of the rare carousels are in Colorado — two of them are in the Colorado Springs area.

The hand-carved carousels are honored during June, National Carousel Month, a perfect time to visit one of the carousels.

Although carousels or merry-go-rounds seem like an American tradition, the carousel actually existed in Europe for hundreds of years before making an appearance in the United States. History shows evidence of carousel-like rides in which people rode baskets in a circular motion 1,500 years ago.

The word "carousel," "carroussel" and "carrousell" are thought to derive from Italian and Spanish words, based on a game involving men on horseback. The French middle ages version of the game involved riders spearing a ring with their lances while riding horseback. A similar game is part of jousting tournaments performed at renaissance festi-



A many-sided building protects the carousel in Cheyenne Mountain Zoo, an Allan Herschell two-abreast 1925 model.

vals across the country. Horsemen practiced for carousel competitions by using a device with a center pole with simply carved horses dangling from attached arms, powered by horses or mules.

Enterprising craftsmen produced similar devices that were popular with ordinary people. Various carousel versions spread throughout Europe, called roundabouts in England and karussells in Germany. Once steam power replaced horsepower, rides were larger in size and scope. Figures were affixed to a platform, and a cranking device allowed the horses to go up and down.

By the late 1800s, elaborate hand-carved horses were very popular in America. European wood-carvers, mostly from Germany, began carving carousel figures in New York and Pennsylvania.

In 1893, Charles W. Parker started a company in Abilene, Kan., manufacturing what he called "carry us all"



The intricate hand-carved detail can be seen on this lion figure on the 1905 Philadelphia Toboggan Company's carousel in Burlington.

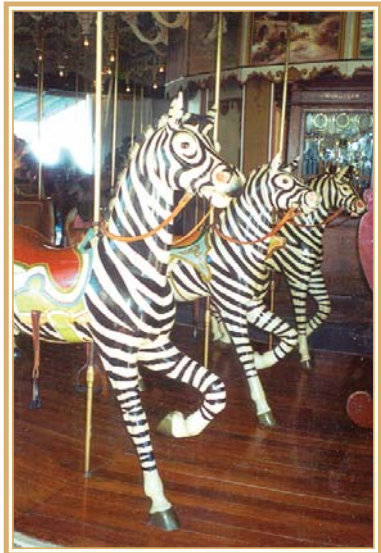
machines. Many of his horses were decorated with American flags.

Carousels became extremely popular when American cities lay trolley lines beyond populated areas to allow for growth.

Amusement parks were built in the open land at the end of the lines to attract people and carousels became an important part of those parks.

Very large carousels were permanently located in such places as Central Park and Coney Island. Smaller carousels or portables were used by carnivals or traveling fairs.

The "Golden Age" of carousels began to wane in the 1920s as carving machines took the place of hand-carvers and the economic depression took its toll. Eventually, carousel animals were made of aluminum, fiberglass or plastic, leaving hand-carved carousels as a thing of the past.



Zebras are on the 1905 Philadelphia Toboggan Company carousel in Burlington. The carousel has various animal figures and is a menagerie carousel.



A rare 1908 four-row Parker park machine is in Lakeside Park in Denver.

Happening's



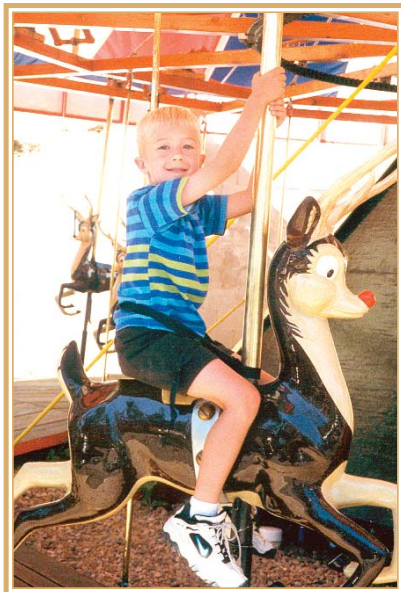
Places to see in the Pikes Peak area.

June 17, 2004

Carousels

From Page 25

Of the six antique carousels in Colorado, the oldest and most famous is in Burlington, about 150 miles from Colorado Springs, near the Kansas border. The carousel was obtained in 1928 from Elitch Gardens (now Six Flags Elitch Gardens) in



A visitor from Liberal, Kan., enjoys a ride on a reindeer figure at Santa's Workshop at the North Pole. The carousel is a Herschell-Spillman 1920 model.



Six Flags Elitch Gardens has a four-row Philadelphia Toboggan Company carousel, delivered to Elitch Gardens in 1928 when finished. It's the company's 51st carousel.



The Parker carousel in Pueblo City Park is on the National Register of Historic Places. The carousel has some horses carved by Stein and Goldstein, such as the one above.

Denver when Elitch got a new, larger carousel. The Burlington leaders who paid \$1,250 for the carousel were severely criticized by local citizens for spending so much money during austere economic times. The Kit Carson carousel was custom built for Elitch Gardens in 1905; it was only the sixth carousel built by Philadelphia Toboggan Company. Animals on the Kit Carson carousel include goats, zebras, camels, giraffes, a lion, tiger, mule and a fantasy animal, a hippocampus, making it a menagerie carousel.

The carousel has 25 standing horses, four chariots and 32 other animals. It is a national historic landmark and is on Kit Carson County fairgrounds.

The Kit Carson carousel operates between Memorial Day and Labor Day. A four-minute ride costs \$2.50.

Six Flags Elitch Gardens still operates the large, four-row park carousel which replaced its first carousel. This carousel took two and a half years to build and was Philadelphia Toboggan Company's 51st carousel made. It has 44 jumping horses, 18 standing horses and four chariots. It is near the entrance and operates during the Six Flags Elitch Garden season. Carousel rides are included in gate admission.

A second antique carousel in Denver is in Lakeside Park, an amusement park at 4602 Sheridan Blvd. This hand-carved carousel is a four-row 1908 Parker. It has 16 standing horses, 16 jumpers, 40 menagerie animals and four chariots. This carousel is a rare Parker park machine — only four were ever built.

Two antique carousels are in Colorado Springs.

Cheyenne Mountain Zoo's founder, Spencer Penrose, obtained the zoo's Allan Herschell two-row portable carousel in 1937. It was used in the 1932 World's Fair in Seattle. It is one of the last hand-carved carousels ever built.

A ride on the zoo's carousel is \$2. Cheyenne Mountain Zoo is located at 4250 Cheyenne Mountain Zoo Road near the Broadmoor Hotel. Zoo admission is required.

Santa's Workshop at the North Pole has a 1919 Herschell-Spillman three-row portable carousel. The carousel has eight jumper horses. Several custom-made metal reindeer and chariots have been added. North Pole's carousel was purchased in Manitou Springs in the 1960s.

Santa's Workshop is open daily from 9:30 a.m. until 6 p.m., June through Labor Day. Hours are reduced from Labor Day until Christmas Eve, and the park is closed Wednesdays and Thursdays during the fall and winter. Rides on the carousel are included in admission, which is \$7.50 for Soldiers and their family members until Labor Day.

The sixth antique carousel in Colorado is in Pueblo at the City



Oil paintings were typically used to cover the mechanics of a carousel. This carousel has 45 paintings.

Park, 800 Goodnight Ave. The 1911 Parker carousel is the 72nd carousel built by the Kansas company. It's a three-row portable and oddly, came from the manufacturer with several Parker horses and others made at the Stein and Goldstein Carousel Company.

The Pueblo carousel has been in its present location since 1940, when it was moved from a Pueblo amusement park. The carousel has 36 jumping horses, a chariot and a rare lovers' tub. It is on the National Register of Historic Places.

The carousel is open only in summer, Tuesday through Sunday, from 6 to 9 p.m. Rides cost 25 cents.

Two other carousels are in Colorado, although not antique, hand-carved carousels.

A reproduction carousel as at Royal Gorge Bridge and Park, near the entrance. Unlimited rides on the carousel are included with bridge admission. Royal Gorge is east of Cañon City.

The Denver Zoo has a large carousel in Pachyderm Park. The carousel features 48 endangered animal figures, such as giraffes, zebras, elephants, pandas, lions and polar bears. There are two chariots on the carousel. A carousel ride costs \$1, in addition to zoo admission. The Denver Zoo is in Denver's City Park, off Colorado Avenue.

Just the Facts

- **Travel time** varied, two local
- **For ages** all
- **Type** rare antique carousels
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** varied
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - \$\$\$\$ = \$61 to \$80
 - (Based on a family of four)

Get Out!

Street fest

Springspree, a downtown annual street festival, is Saturday from 9 a.m. to 7 p.m., no admission fee. There's entertainment, music, dance, crafts and food. For information, call 533-1216.

Family carnival

Family Carnival Night is at the Elkhorn Friday from 5 to 8 p.m. Entrance is \$8.95 for anyone 12 and over; \$4 for those 6 to 12 and free for anyone under 5. Price includes buffet, clowns, pony rides, bounce castle, face painting, balloon art, games, face painting and cookie decorating. Call 576-6646 to reserve a space.

Free opera

Central City Opera is giving 100 tickets to **servicemembers** for the Central City Opera performance July 3 of "Student Prince." The operetta is in the historic 1878 opera house in Central City, 45 minutes west of Denver. Call the box office at (303) 292-6700 or (800) 852-8175.

Melodramas

"**The Thief of Frisco**" is presented through the summer by the Cripple Creek Players in the Butte Theater in Cripple Creek, starting Saturday. Shows are Wednesday to Saturday at 8 p.m. and 2 p.m. on some days. Call (719) 689-2513 for reservations. Tickets start at \$6.50.

"**Run to the Roundhouse, Nellie**" is at the Iron Springs Chateau through Sept. 30, Tuesdays, Wednesdays and weekends. Tickets are \$24 for dinner and a show, and \$18 for the show only. Call 685-5104 for reservations. The Iron Springs Chateau is at 444 Ruxton Ave.

Theater

Neil Simon's "Come Blow Your Horn" is at the CastAways Dinner PlayHouse, 107 Manitou Ave. Dinner and show is \$33, call 685-3700.

Supercross

Pikes Peak Supercross holds its 17th annual event at Penrose Equestrian Center, 1045 W. Rio Grande in Colorado Springs Sunday. Tickets are \$14 for adults and \$9 for ages 6 to 12. Information, Tickets and Registration has tickets.

North Pole

Santa's Workshop at the North Pole is open for the season. Military families get a special entrance rate of \$7.50 per person all summer; show current identification. North Pole is open daily from 9:30 a.m. to 6 p.m.

Colorado State Fair

The Colorado State Fair runs Aug. 21 to Sept. 5. Concert tickets are on sale at the State Fair Box Office and Ticketmaster, 520-9090, for Stacie Orrico, Chris Cagle, Chris LeDoux, ZZ Top, Dierks Bentley, Trick Pony, Brad Paisley, REO Speedwagon, Olivia Newton John and Clay Aiken. Tickets are \$13 to \$33.

Concert

"**Train**" is in concert at Fort Carson's Special Events Center ball field June 24 at 8 p.m. Tickets are \$15 in advance at the Information, Tickets and Registration Office; call 526-2083.

Cripple Creek concerts

The Gold Rush Palladium in Cripple Creek has concerts set for: Sunday, Kingston Trio; July 11, Tower of Power; July 25, Freddy Fender; and Aug. 8, Blake Shelton. Concerts start at 5 p.m. Call (719) 689-2946 for tickets.

Free concerts

There's a free concert at the Plaza of the Rockies, 111 S. Tejon, at 6 p.m. each Wednesday.

Thursdays at noon there's a pipe organ concert and silent movie at the City Auditorium, at 221 E. Kiowa.

Bancroft Park in Old Colorado City is the site of concerts Wednesdays at 7 p.m.

Gem and Mineral show

The Pikes Peak Gem and Mineral Show is Saturday and Sunday at the Phil Long Expo, 1515 Auto Mall Loop. Entry is \$4 for adults, \$1.50 for ages 12 to 18; information at 632-9686.

Hot Mikado

The Fine Art Center's musical "Hot Mikado" is making an encore performance today, Friday and June 24, 25 and 26 at 8 p.m. Performances Sunday and June 27 are at 7 p.m. Tickets are \$25 at the door. Servicemembers can get two tickets for one.



Courtesy photo

Half pipe ...

Take a ride on the new half pipe, the only one of its kind in the world. Eight riders are on two sets of seats, riding the snowboard on a gigantic halfpipe. The halfpipe is in Denver at Six Flags Elitch Gardens; take exit 212A off Interstate 25 north to the park. Admission is \$36.99 for adults and includes rides and the water park. Parking fee is \$8. Call (303) 595-4386 for information.



Program Schedule for Fort Carson cable Channel 10, today to June 25.

Army Newswatch: stories on Olympic wrestling finals, troop cuts in Korea and reflagging as a Unit of Action. Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the World War II memorial, Rolling Thunder and the USS John C. Stennis (repeat). Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on fatigue management, smart bomb accuracy and gate guards (repeat). Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting, held monthly, airs at 9 a.m. and 5:30 p.m.

Driving safety information

("Driver's Dozen" or "Every Drive Counts") at 7 a.m., 10:30 a.m., and 7 p.m.

Foreign language programming courtesy of SCOLA is on Channel 9, unless there is a training videotape showing.

To show a training video, please contact the Training Support Team at 526-5111. SCOLA programming schedule can be found at <http://www.scola.org>.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241, or via e-mail at CommandInfo@carson.army.mil.

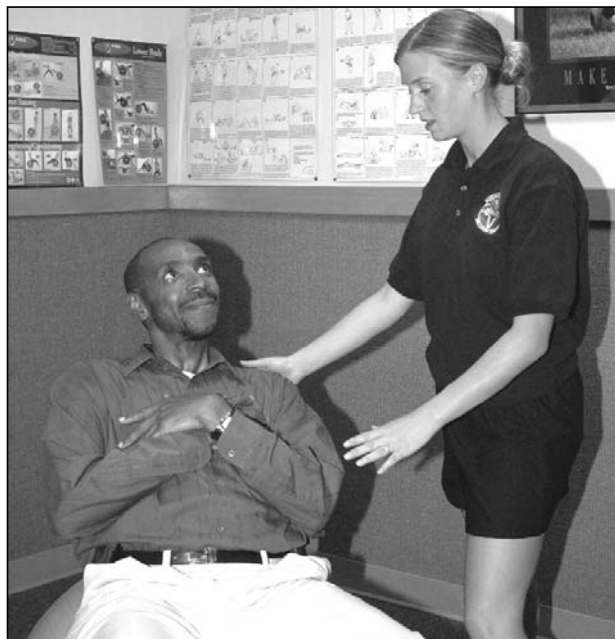
Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

For additions to the Community Calendar, please submit an e-mail to the above address. Send a clean, type-written copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before the desired airing time.

Sports & Leisure

Balance for good health for free ...

Wellness center offers balance class



Courtesy photo by Ann Horn
Wellness Center instructor Laurie Freeman, right, shows Walt Johnson proper balancing techniques.

by **Walt Johnson**
Mountaineer staff

One of the most overlooked aspects of good physical conditioning is not long, hard workouts, but learning how to have the proper balance, according to the Mountain Post Wellness Center staff.

"Balance training emphasizes the importance of this technique in everyday life and in athletic training," Laurie Freeman, wellness center technician said.

According to the wellness center staff, balance training, a free course offered to anyone at any age, helps people understand the muscles used in balance and strengthens and stabilizes those muscles to help make everyday life or physical training a positive experience.

"It's funny how people don't really think about balance but it's one of the fundamental movements we do. If a person has a good sense of balance they won't fall, which is the reason for a lot of injuries, and everyday injuries could be prevented," Freeman said.

"Recent studies have shown that core stability and balance are some of

the crucial elements in fitness. We want to help people understand how to use balance training equipment properly and the importance of why the equipment is there," Ann Horn, wellness center technician said.

"To perform an exercise safely you have to have core stability, which includes having strong abdominals, a strong lower back and a sense of balance. That is why we offer a class with some of the basics of balance using the stability ball, the dyno disk, (a small round piece of equipment shaped like a frisbee that helps you learn to balance with one leg) and other new stuff that is coming out in support of this program," Horn said.

Horn said balance training can be learned at any age and fitness level of the individual. She said no matter what the fitness level of a person, everyone can gain something from the class.

Classes are held every third Thursday of the month, with the exception of this month when the class will be held the fourth Thursday (June 24) of the month. Call 526-3887 for more information.

Mountaineer Sports Highlight



Summer fun ...

Post youths play at the post outdoor pool early in the summer season. The post outdoor swimming pool is now open for the summer. Adults and youths have taken advantage of the cool refreshing water during the recent warm weather in Colorado Springs. The pool is open from 9 a.m. to 5:30 p.m. and offers a great opportunity to relax and have fun.

Photo by Walt Johnson

On the Bench

Spouse gets post softball players ready for competition

by Walt Johnson
Mountaineer staff

For all the Soldiers who have returned from overseas duty, thank you for what you did, what you do and what you continue to do for your country.

Andrea Grant looks like your average spouse that comes out on a beautiful Saturday afternoon to watch her husband play softball.

She sits with the other spouses or significant others and watches the players go through their pre-game warm-up routines. After the players warm up and are ready for battle, Grant gets them ready to play the game. Grant is not an ordinary spouse of a softball player, she is the coach of a softball team that is completely made up of men, one of whom is her husband.

Grant said she doesn't feel any pressure or out of place coaching the team because she and the players have a special bond that has been building over the past year.

"Honestly, I understand why the players would respect me enough to allow me to be the coach of the team. My husband and I have been playing coed softball for the past eight years. I have done a lot of work with the company level (1st Battalion, 68th Armor) team and the guys know that I know the game and I look out for their best interest."

Generally speaking, a male or female coach has trouble managing diverse personalities over the course of a long softball season. Grant is in the unique position of coaching a group of players that place the team ahead of individual goals.

"The guys trust me to see the game from the bench in ways that they don't and they trust my decisions are going to be the best for the team," Grant said

"One of the things I love about this team is when we do things, we do them together. When we call a practice everyone shows up. When its time to play the game, everyone is here," Grant said.

Go to a softball game in most areas and you won't see a lot of disciplined teams. Most of the teams are made up of players who come together to play the game and go their separate ways. Watching Grant's team is like watching the opposite of the average team. They are disciplined and respectful and Grant insists on having it no other way.

"We are here to have fun; that is what we do. I have a good group of guys here who understand one of the things I don't tolerate is bickering or profanity. If a player does either they are going to have to pay a fee to the team fund that

See Bench, Page 31



Photo by Walt Johnson

Lucky 12 coach Andrea Grant, left, keeps score for her team during its game Saturday at the Skyview Sports Complex in Colorado Springs.

Bench

From Page 30

we use for our traveling and other team needs," Grant said.

A team that came together to have fun may also teach other teams the virtue of playing ball, having fun and being respectful. And Grant wouldn't have it any other way.

The Fort Carson Aces lost two of three games in a tournament played Saturday in Colorado Springs.

The Aces played the tournament without many of its best players who are currently fighting injuries and players playing through the pain of other injuries.

If you ever wondered why your feet, legs or knees hurt after a workout, the answer could be "the shoes."

The Mountain Post Wellness Center has a free running shoe gait/assessment program that could be the answer to any foot, leg or knee problems you may have. The assessment takes 20 to 45 minutes and the results are usually available within 24 to 72 hours, according to Tony Claiborne, wellness center technician. If you suspect you may have old or poorly selected running shoes stop by the wellness center for a free assessment. The wellness center can help you take the guesswork out of selecting the right shoe and get you running in a safe and healthy manner. Call the wellness center at 526-3887 or stop by building 1526, room 267 to set up an appointment.

Bike to work day is scheduled to take place Wednesday in the Colorado Springs area.

Soldiers and adult family members and post Department of Defense civilians can take part in the event. Registration is required and supervisor approval is mandatory. Interested people also must attend an information meeting Friday at 12:30 p.m. or Monday at noon at the wellness center. Call the wellness center at 526-3887 for more information.



Photo by Walt Johnson

Fans of the week ...

Tammy Alexis, left, Felice Love, back and center, Marsha Aquino, center, and Sandra Rodriuez cheer for the Lucky 12 softball team Saturday at the Skyview Sports Complex in Colorado Springs.

Mountaineer Youth Sports

Let's play ...

Members of the post 7- to 9-year-old girls baseball team the Angels, listen as Head Coach John Edwards, left, and assistant coach John Hooey, give initial instructions to the team.

Edwards said he has looked forward to coaching the team since his return from Iraq.

"After I got back from Iraq I looked forward to having the chance to coach my daughter, Sydney, and the other girls on the team. I love the kids and it is still the truest form of the game because the girls just want to learn how to play the game and have fun," Edwards said. Youth baseball action will kick off Saturday at the post youth baseball fields.



Photo by Walt Johnson

Mountaineer Fitness Feature

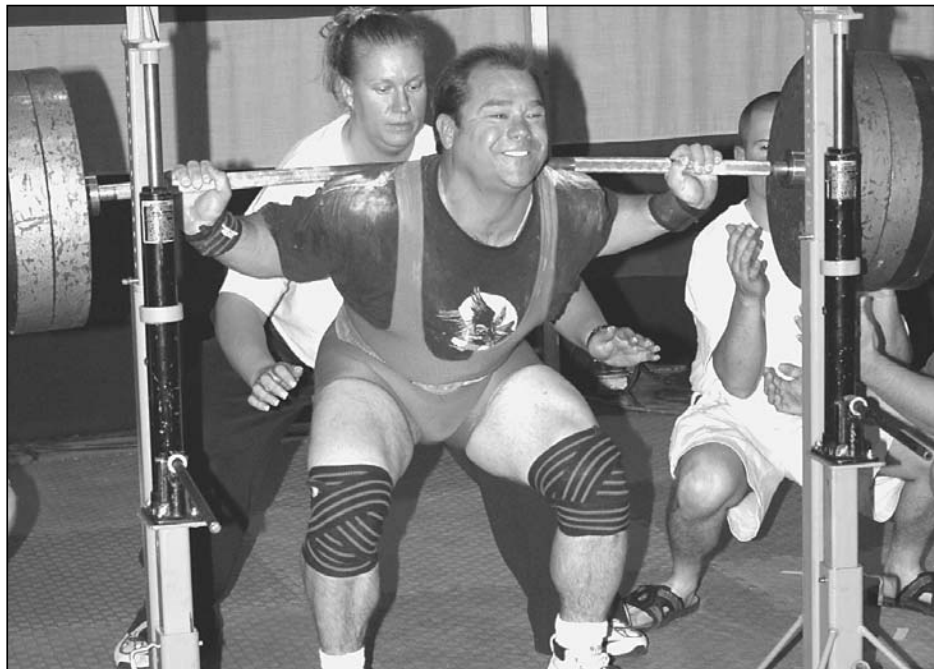


Photo by Walt Johnson

"Top lifter" ...

Johnny Onorato, center, shows the form that helped him capture the overall power lifting championship for the second year in a row at the Fire and Police Games held at the Mountain Post Special Events center Friday. Onorato was the top lifter in the deadlift, bench press and squat competitions.

Verne Witham, Fort Carson fire chief, said he was proud of both his lifters and the staff at the Special Events center.

"We had a lot of fire and policemen here from around the state and they were impressed with the way Bill and Martha Reed, fitness center director and his wife, made the event a giant success. Onorato really makes us proud because he is quite a lifter," Witham said.